

**Abstract**

Method for efficiently exploiting an upstream channel bandwidth of full-duplex connection between a user and network. Data from the network is received by a user. The data is stored on the user's storage device, for a predetermined period of time for further use. The received data is then re-transmitted to other users, during download time or after downloading is completed. The data from the user's location may be re-transmitted to the users through the upstream channel bandwidth, in response to a request, or according to pre-defined operation instructions.